

LIVING Better

A Butler VA Quarterly Magazine

Spring 2023

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BUTLER VA HEALTH CARE SYSTEM'S SPRING 23' HIGHLIGHTS



As part of Sexual Assault Awareness Month in April, the Butler VA participated in Denim Day. Denim Day brings awareness to victim-blaming and destructive misconceptions that surround sexual violence.



The 12-week virtual photography class, "Through the Veterans Lens," ended this spring. Photos taken through the class were displayed at the Abie Abraham VA Clinic. Additional photography class options are available. Call 878-271-6484 to learn more.



National Nurses Week begins each year on May 6th and ends on May 12, Florence Nightingale's birthday. The Butler VA thanked its nurses throughout the week with special activities and treats, including the "Blessing of the Hands" by a VA Chaplain.



The Butler VA hosts a variety of creative arts workshops throughout the year. This spring included pottery clay building, a ceramic planter class, Bob Ross oil painting class, and a terrarium workshop. Veterans created their own complete ecosystem within a terrarium to take home!



Thank you, Vietnam Veterans. In March, the Butler VA took time to commemorate the courageous service and immense sacrifices of Veterans of the Vietnam War with special visitors, displays, and passing out 50th Anniversary Vietnam War Commemoration lapel pins.



April 16-22, 2023 was National Volunteer Week. Every volunteer makes such a difference in our Veterans' lives and enhances the Veteran experience. Consider joining our volunteer team! www.va.gov/butler-health-care/work-with-us/volunteer-or-donate/.



Throughout April, the Butler VA celebrated Whole Health Month. As part of the month-long recognition, a Whole Health Expo was held featuring various stations and demonstrations to Walk the Circle of Health. Want to learn more about Whole Health? Call 878-271-6717.



VA's 13th annual VA2K Walk & Roll event was held in May with goals of moving the body in support of a person's whole health and well-being, while also helping homeless Veterans. Since 2011, more than \$3 million in donations have been raised from this event nationally to help homeless Veterans.



The Butler VA's women Veterans program hosted a Drive-Thru Baby Shower in May for all expecting and up to 1-year postpartum Veterans. Moms are the best! Participants received items such as sippy cups, snack bowls, books, wipes, diapers, etc.

Cover Photo

Veteran Caregivers participated in a "Family and Friends CPR Anytime" Course during the 4th Annual Caregiver and Family Resource Fair in May.



Dear Veterans, fellow employees, volunteers and friends of the Butler VA,

I hope you enjoy this issue of "Living Better." It has been a great spring here at the Butler VA, and I cannot wait to see what the summer months hold.

As you'll read in our first article this issue, it's never too late to enroll. Stop by to see us in person! Or give us a call and visit us online. We are honored to serve you.

Thank you for your service, and your ongoing support.

Sharon Coyle, Director

C O N T E N T S

Spring 2023



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It's Never Too Late to Enroll

107-year-old U.S. Air Force Veteran John Kriska came to the Butler VA this spring for his annual appointment. John did not start coming to VA until he turned 100! It is never too late to enroll. We can help you learn about and apply for VA health care benefits.



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High-Tech & High-Touch Health Care

May marked 20 years since the U.S. Department of Veterans Affairs launched its Telehealth Services program office. In fiscal 2022 alone, more than 2.3 million Veterans nationwide received VA care through telehealth. At the Butler VA, 21,528 visits were completed via telehealth.



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A Commitment to Veteran Safety

A top priority of the Butler VA has always been safety, and this includes the staff and Veteran residents in the Sergeant Joseph George Kusick Community Living Center (CLC). The CLC recently conducted a live evacuation exercise to assess a new emergency evacuation process and ensure patient safety.



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Health Tech, Tips, & Tastes

What's new and interesting in VA's health technology? Find out! Also enjoy a health tip and tasty recipe.

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VA



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Veterans Health Administration
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It's Never Too Late to Enroll!



Air Force Veteran John Kriska was greeted at the Butler VA Health Care System this spring with a birthday cake and card to celebrate his 107th birthday! John comes to the Butler VA each year for his annual appointment.

John served in World War II as an airplane mechanic. He did not start coming to the VA until he turned 100 years old. His son brings him for his appointments, and his daughter shared that everything has been wonderful with his care. He especially loves his health care provider.

It is never too late to enroll. We can help you learn about and apply for VA health care benefits.

First, find out if you can get VA health care as a Veteran. You may be eligible for VA health care benefits if you served in the active military, naval, or air service and didn't receive a dishonorable discharge. You may qualify for enhanced eligibility status if you meet certain requirements. The new PACT Act also expands and extends eligibility for VA health care for Veterans with toxic exposures and Veterans of the Vietnam, Gulf War, and post-9/11 eras. You can learn more about VA eligibility here: www.va.gov/health-care/eligibility/.

If you are eligible, you'll need the below information before you can apply for VA health care benefits:

- Social Security numbers for you, your spouse, and your qualified dependents
- Your military discharge papers (DD214 or other separation documents)
- Insurance card information for all insurance companies that cover you, including any coverage provided through a spouse or significant other. This includes Medicare, private insurance, or insurance from your employer.
- Gross household income from the previous calendar year



for you, your spouse, and your dependents. This includes income from a job and any other sources. Gross household income is your income before taxes and any other deductions.

- Your deductible expenses for the past year. These include certain health care and education costs.

Note: You don't have to tell us about your income and expenses when you apply. But if you're not eligible based on other factors, we'll need this information to decide on your application.

Next up: Apply!

You can apply online anytime: www.va.gov/health-care/apply/application/introduction

You can also apply by mail, apply in-person at the Butler VA or any of the community clinics, or apply with the help of a trained professional. Learn more here: www.va.gov/health-care/how-to-apply/

Whether you've recently separated from service or you're turning 108 next year...remember...It's never too late to enroll! Contact the Butler VA Enrollment Team Today. Call (878) 271-6645.

High-Tech & High-Touch Health Care

20 Years of VA Telehealth



On May 17 and 18, 2023 VISN 4 held a conference for many of its key Connected Care leaders from across our VISN. They engaged in collaborative discussion and strategic planning for the upcoming year. They had the honor of hosting Dr. Kevin Galpin, Acting Chief Officer for Connected Care, at the Veterans Health Administration (VHA). He served as a keynote speaker and offered valuable insight towards national VHA Connected Care goals and initiatives.

May marked 20 years since the U.S. Department of Veterans Affairs launched its Telehealth Services program office.

In his January 20, 2003, address to Congress, then-VA Under Secretary Robert Roswell announced the creation of the office, which set out to “support field staff in the national deployment of care coordination and home telehealth.”

The Butler VA began offering telehealth services in the early 2000s, first with home telehealth and a video call method. Once the Butler VA’s Community-Based Outpatient Clinics (CBOCs) opened, Clinical Video Telehealth (CVT) started taking off. The Butler VA’s MOVE! Program first started using CVT in 2006 and continues to use this form of telehealth at all 5 outpatient clinics to this day.

VA Telehealth Services expanded the use of telehealth to millions of Veterans, building on VA’s long history of using technology to deliver care. Today, VA is recognized as a world leader in the development and use of telehealth. In fiscal year 2022 alone, more than 2.3 million Veterans nationwide received VA care through telehealth. At the Butler VA, 21,528 visits were completed via telehealth in primary care, mental health care, and specialty care services.

“The Butler VA uses telehealth to expand VA’s reach beyond the traditional office visit to connect with Veterans where they are. Whether we’re ‘meeting’ with Veterans from their cell phone, or from a community clinic, we strive to provide our Veterans with the soonest and best care for them,” said Breigh Speidel, Connected Care Program Manager.

VA created many ways to deliver telehealth so that Veterans have options to fit their needs. Three of the main ways the Butler VA delivers telehealth includes—

- Clinic-to-clinic Video Telehealth (CVT). Veterans connect with VA health specialists at VA Medical Centers (VAMCs) nationwide — all from the Veteran's nearby community clinic. Rather than traveling long distances to meet with VA specialists, Veterans can go to their nearest clinic and meet with specialists through VA telehealth.
- Remote Patient Monitoring – Home Telehealth (RPM – HT). A Veteran can use remote technologies to track their vital signs, symptoms, and other health information. The technologies share this data with a dedicated VA care team that can monitor the Veteran's health status and collaborate with VA providers to address Veteran's health care needs in between in-person visits.
- VA Video Connect (VVC). VA's secure videoconferencing app, enables Veterans and their caregivers to meet with VA providers quickly and easily on any smartphone, tablet, or computer with an internet connection directly from their homes or any other location based on Veterans' preferences.

The Butler VA offers VA Video Connect (VVC) for most of its clinics and CVT for specialty care services—to include but not limited to Audiology, Cardiology, Neurology, Rheumatology and Diabetes care and management. We also offer Tele-Dermatology services to many other VA regions across the nation!

“How Veterans connect with VA has completely changed in the era of the internet. I connect regularly with Veterans in-person, on the phone and via video and I like knowing that it honors their preference for just-in-time care,” said Lauren Heiger, Butler VA's My HealtheVet Coordinator. “I invite Veterans to use the VA Appointment Summary in the My HealtheVet web portal because it includes VA Telephone visits, In-Person visits, Community Care appointments AND Video appointments -- with video links for the Veteran to easily connect with their VA health care team. I also tell them that the video appointment option is an access to care option with no co-pay. How great is that?”

Learn more about telehealth at the Butler VA and get started today: <https://www.va.gov/butler-health-care/programs/connected-care/>



A Commitment to Veteran Safety

Community Living Center Evacuation Exercise



The Butler VA's Sergeant Joseph George Kusick Community Living Center (CLC) includes 60 residential rooms to provide short-stay and long-stay nursing home care to Veterans. A top priority of the Butler VA has always been safety, and this includes the CLC and its staff and Veteran residents.

The Butler VA Health Care System hired an Emergency Management Specialist in 2019 to specifically manage and oversee the facility's emergency management and preparedness program. The Specialist was tasked with assessing Butler VA's current emergency management programs, protocols, and to conduct site specific inspections to identify gaps in systems and opportunities for improvement.

Based on findings, plans were devised to revise current procedures and implement a live evacuation exercise to test a new process. However, plans were suspended in March 2020 due to the COVID-19 Pandemic. Assessments of the CLC and education to staff continued as appropriate and permissible.

In April 2022, and over the next three months, the emergency evacuation process for the CLC was readdressed. Collaboration began with the Emergency Management Specialist, Fire Department Chief, and VA police to finalize evacuation procedures and to develop a live evacuation exercise.

Collaboration with CLC Administrative staff began July 2022. CLC staff were provided training on updated emergency procedures. Supplies/equipment were ordered to assist in emergency evacuation situations such as "evacuation/occupied door clings" for all patient rooms and hi-visibility vests for patients to wear when being evacuated.



Once all emergency training material had been updated and all CLC staff trained, plans were set in place to hold a live evacuation drill. The scenario involved evacuation of patients during the night shift when staffing levels are typically lower. Patient actors were utilized in the exercise. Per scenario, staff were to push a hospital bed with a manikin and a wheelchair bound patient actor to the rally point to assess timeliness, difficulty, and identification of obstacles from point of exit to rally point.

The live CLC Fire Evacuation Exercise took place this past fall, amid a snow squall, adding additional stressors to the exercise. As this was considered a live exercise, Butler VA Fire Department and Police Services responded with lights and sirens. Prior notification about the live exercise was made to local fire and police departments, media, family members and unaffected VA staff for awareness purposes.

The live exercise ultimately provided an opportunity to test the updated CLC evacuation plan and assess staff's ability to quickly and safely transport patients from exit to rally point.

"The biggest positive outcome was the capability of staff and their commitment to Veteran safety," said Brandon Sampson, Butler VA's Emergency Management Specialist. "This was a major undertaking for all those involved. From rewriting the Evacuation Plan, to providing training, to scheduling and running the exercise itself."

"It was a team effort."

Other members of the team shared their feedback:

CLC Senior Nurse Leader: "As new Senior Nurse Leader in the CLC, the exercise provided an opportunity to assess both staff knowledge and awareness. As VA moves forward in their journey to become a High Reliability Organization (HRO), it is essential that we incorporate exercises such as this into our culture to identify potential failures and address them before they happen."

Fire Department Chief: "The importance of conducting an exercise like this was to test our theory about the quickest and most efficient evac procedure for CLC Veterans and staff. This exercise allows us to validate the process that we had developed and ID any weaknesses and areas of improvement. All of which we did!"

CLC Management Staff: "Being new in the CLC, I wasn't familiar with the previous plan. But I got to learn the new plan and help make changes as we went. It provided an opportunity to review what made sense for the CLC to make the process as efficient as possible and to ID any potential barriers."

"Data collected from the live evacuation exercise will be used to modify plans/processes and develop training scenarios for the future so that our Veterans' safety continues to be a top priority. Our Veterans deserve the best, safest care on our campus," added Sampson.



First Butler VA DAISY Award Honoree National Nurses Month



VA celebrates National Nurses Month throughout May to honor nursing contributions to the VA health care system. This year's motto, "VA Nurses Make a Difference," expresses the gratitude and respect nurses have earned for their exceptional care. Nurses

deserve to be honored and celebrated for all they do. One way to honor VA Nurses is with a DAISY Award.

Congratulations to our first (Butler VA) DAISY Award Honoree, Daniel Miller, BSN, RN. Dan's impact on caring for a Veteran residing at the Butler VA Community Living Center was honored during Nurses Week in May. The Veteran's family stated, "There is a connection...which is comforting to us as we live almost an hour away...he shares jokes that brighten our dad's day...that is an immeasurable gift to him and us." Moments like this truly highlight what an extraordinary nurse Daniel is.

Want to thank your nurse? Visit daisynomination.org to nominate a Butler VA nurse for a DAISY Award today.

Honoring Butler VA Firefighters

The Butler VA's Lt. Zachary Wojcik, Firefighter/EMT Dominic Girimonti, and Firefighter/EMT Anthony Palestro were presented with the VA Fire & Emergency Services Life Saving Award and the American Heart Association HeartSaver Award this spring for their heroic community actions.



Caregiver Resource Fair

The VA Caregiver Support Program (CSP) is moving forward in its commitment to reach every caregiver of a Veteran in need of support and is continuing to host Caregiver and Family Resource Fairs at every VA facility across the country. Through resource fairs, caregivers and families of Veterans can access information about support, services, and resources targeted to help them and the Veterans in their lives.

The Butler VA's CSP held its Resource Fair this spring. The CSP team included workshops for CPR and Whole Health, as well as VA and community resource tables. A nutrition seminar was also part of the event.

The Caregiver Support Program promotes the health and well-being of Veterans Caregivers through education, resources, support, and services. Visit www.va.gov/butler-health-care/health-services/caregiver-program/ to learn more.



Teal Ribbon Display

Sexual Assault Awareness Month

During Sexual Assault Awareness Month (SAAM) each April, VA works to raise awareness of its resources for survivors of Military Sexual Trauma (MST), which refers to sexual assault or harassment that occurred during military service.

This April, the Butler VA shared resources daily for staff and Veterans in the main lobby. Also, throughout the month, staff and Veterans were encouraged to participate in the teal ribbon display. Survivors of MST and their allies were encouraged to write messages of encouragement, support, recovery, and hope on teal ribbons. Ribbons were included in a public display at the Butler VA for the month of April.

VA is committed to preventing sexual assault and sexual harassment and providing compassionate care to survivors of sexual violence. For individuals who experienced MST, VA provides free care for any mental or physical health condition related to the experience of MST. Veterans do not need a VA disability rating to get care.

Learn more by visiting www.mentalhealth.va.gov/msthome or reaching out to the Butler VA's MST Coordinator at 878-271-6268.

What the end of the Public Health Emergency means for VA

When the COVID-19 Public Health Emergency (PHE) expired on May 11, 2023, some of VA's pandemic-related authorities expired as well. Here is an overview of how the end of the Public Health Emergency impacts VA care and services:

- Return to in-person visits for Veteran Family Caregivers.
- Expanded use of VA Video Connect for telehealth. The Department of Health and Human Services will resume enforcement of HIPAA Rules regarding telehealth. VA will resume use of VA Video Connect as the primary video platform authorized for scheduled video telehealth visits.
- VA clinicians have been able to prescribe controlled medicines to Veterans following a telehealth examination without first having an in-person examination. DEA and SAMHSA have announced a temporary rule that extends these flexibilities for prescribing controlled medications, so VA's prescribing flexibility did not expire when the public health emergency ended.
- Impact on Veterans experiencing homelessness. During the PHE, Veterans experiencing homelessness and those participating in HUD-VASH could receive additional direct support from VA. Congress has proposed legislation that would authorize VA to continue providing the assistance but for now, we are taking all possible steps to make this transition as smooth as possible including offering support through our Supportive Services for Veterans Families program, local Centers for Development and Civic Engagement (formerly Voluntary Service), and community partners.
- Reinstatement of pre-pandemic deadlines for VA travel reimbursement. Meaning, Veterans submitting a claim for travel reimbursement will have to submit it within 30 days of their VA medical appointment. Veterans will also be required to submit beneficiary travel appeals within 365 days.
- Removal of VA's legal authority to provide COVID-19 vaccinations to spouses, caregivers and Veterans not enrolled in VA health care.

SHARING
STORIES
AND
NEWS
FROM
VETERANS
TO
VETERANS

Vet Chat

Celebrating in St. Louis!



Butler VA 1st place winner, Army Veteran Cheryl Schaefer & VA local Veteran Creative Arts Festival Coordinator, Karen Dunn attended the National Veterans Creative Arts Festival in St. Louis, Missouri this spring. (Butler VA 1st place winner Veteran Terry Blair was unable to attend the festival in-person, but his winning artwork was on display).

There were over 4,000 entries this year, with 145 first place winners being invited to attend the festival... including two from Butler. Congrats again to Cheryl and Terry!

This is the Butler VA's second year competing in the national competition, but the first year that we attended the national event.

The 42nd National Veterans Creative Arts Festival in St. Louis included a stage performance, writing exhibition and gallery-style showcase of artwork. Art workshops and writing seminars were offered to Veterans during the festival week, with education in a variety of artistic modalities.

Now, it's time to start getting ready for this year's competition! **Save the date for the Butler VA's local competition on August 25, 2023.** And learn more at: www.blogs.va.gov/nvspse/national-veterans-creative-arts-festival/.



VETERANS SERVING VETERANS



Butler VA's Team Leader (EMS Department) and U.S. Navy Veteran Steven Rottman

“ I am honored to say that my experiences here have opened my eyes to the great sacrifices many of our Veterans made during the WWII, Korean, and Vietnam eras. We never really know what someone else's lifetime has to say, until you get to hear it from them. I am very pleased that when you walk on the CLC units and someone tells me that a certain Veteran has been asking where I am, it tells me that I too, have made their day. ”

Hey Veterans!

Share your stories with us in Vet Chat. Contact the Butler VA Public Affairs Office today at 878-271-6492.

Eating Healthy: Good Nutrition Quiz

To test your nutrition knowledge, answer the questions below as either True or False.

True False

- ☐ ☐ 1. There are many nondairy sources of calcium.
- ☐ ☐ 2. Low-fat foods are always better.
- ☐ ☐ 3. Fiber isn't important.
- ☐ ☐ 4. You need to watch portion sizes only when eating at home.
- ☐ ☐ 5. The outside aisles of the grocery store are the best places to shop.

Correct Answers:

1. **TRUE.** While dairy products have the most calcium, you can also get this mineral from other foods, too. Try calcium-fortified juices, cereals, breads, rice milk, or almond milk. Other sources of calcium are canned fish, some beans, and dark, leafy greens. Soybeans and some soy items are also good options. These include soy yogurt, tempeh, and tofu made with calcium sulfate.
2. **FALSE.** Just because a food is low fat or fat free does not mean it's always a better nutritional choice. For instance, fat-free cookies have the same amount of sugar and calories, or often even more, than regular cookies. Review nutrition labels before choosing.
3. **FALSE.** Portion control is just as important when you're eating out. Many restaurants serve extra-large portions. So split your entree with someone at the table. Or ask for a take-home box. Then put half of your entree in it right away, before you start eating.
4. **FALSE.** Even if your cholesterol is just a little high, you are at increased risk for a heart attack or stroke.
5. **FALSE.** It's true that the outside aisles are where the fresh foods tend to be. These include fruits, vegetables, and dairy. But you can find many nutritious foods on the inside aisles. These include whole grains such as brown rice, whole-wheat pastas and tortillas, canned fish, dried beans, canned (no salt added) vegetables, nuts, seeds, and frozen fruits and vegetables.

Source: Veterans Health Library

Who's Who?

**JOSHUA
SEYBERT**

Outreach Coordinator



Did You Serve in the Military?

Learn how the Butler VA can help you. Veteran and community groups, individuals, supporters of Veterans, and more may request to meet with Joshua Seybert, Butler VA's Outreach Coordinator to get information about VA health benefits and the new PACT Act. Learn more about enrolling for health care and the many VA programs and services available to you.

Contact Joshua Seybert

Outreach Coordinator

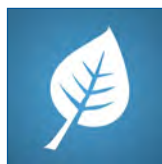
Call or text **724-290-0142**
Call the office at **878-271-6677**
Email Joshua.Seybert@va.gov

The Butler VA Health Care System offers a wide range of health, support, and facility services for Veterans in Butler County and its surrounding counties. Josh can meet with your group or attend an event to share valuable VA information.

Joshua Seybert is also an Air Force Veteran who volunteers to teach photography classes to Veterans at the Butler VA Health Care System.

HEALTH TECH – APPS TO MANAGE STRESS

Did you know that unmanaged stress can affect your overall well-being? Over time, unchecked stress levels can lead to high blood pressure, heart disease, obesity, depression, substance use and more. This is why VA incorporates stress management tools into so many of our programs and resources, including our mobile apps. Check out these free VA apps that feature stress management tools to support your self-care.



Mindfulness Coach app

The Mindfulness Coach app teaches you how to build a simple mindfulness

practice. Mindfulness means noticing and paying attention to what is going on in the present moment, without passing judgment on it. Mindfulness has been shown to be effective for reducing stress, improving emotional balance, helping with anxiety and depression, and coping more effectively with chronic pain.

The Mindfulness Coach app provides a self-guided training program that features 12 audio-guided mindfulness exercises and a catalog of additional exercises that are free to download.



Annie

Annie is a VA automated text messaging service that empowers Veterans to take an

active role in their care. Messages you receive from Annie can include medication reminders, tips for reducing stress and more. The Stress Management message subscription sends weekly motivational texts to help you be more mindful, learn relaxation techniques, and better manage stress.

Registration is required to begin Annie messages. Find instructions on the VA App Store and then subscribe by texting SUB STRESS to Annie (75338).



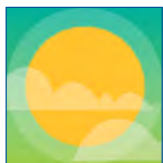
PTSD Coach and PTSD Family Coach

PTSD Coach was originally launched in 2011 to help

Veterans manage acute stress wherever and whenever it arises. Today, the app is very popular with Veterans, and its recent updates include many new tools and resources to help manage PTSD symptoms. You can use PTSD Coach to take a PTSD self-assessment, track symptoms, and learn relaxation skills.

It offers tools to manage the stress of daily life, including guided relaxation exercises, soothing sounds and images, relationship tips and more.

The PTSD Family Coach app was introduced in 2016 to help family members of those living with PTSD. It also has been modernized with 30+ tools that can help you manage stress, take care of yourself, and take care of your relationships. These include mindfulness exercises, tools to help re-build social networks, tools to help with difficult thoughts and emotions, a stress level tracker and more.



COVID Coach

The COVID Coach app was developed at the onset of the COVID-19

pandemic to help anyone improve their overall mental health during difficult times. It's one of VA's most comprehensive self-care

mobile apps and is an excellent resource to have in your pocket for any situation causing you concern.

The app features an entire Manage Stress section that compiles all of VA's best stress management tools—from deep breathing and progressive muscle relaxation exercises to strategies for strengthening relationships and improving sleep.



VetChange app

The VetChange app is designed to help anyone who is concerned about their drinking and

would like to cut down or quit. You will gain insight into how your drinking relates to different moods and situations, learn about alcohol use and posttraumatic stress, and track your progress.

VetChange features a Tools menu with more than a dozen categories of interactive tools and strategies for managing stress and urges related to drinking.

VA's apps are not intended to replace therapy, prevent suicide or for crisis intervention services. Talk with your VA care team if you believe stress is harming your health.

If you need immediate attention, the Veterans Crisis Line offers 24/7 confidential support (dial 988, then press 1).

Check out these apps (and more) in the VA App Store:

<https://mobile.va.gov/appstore>

HEALTH TASTES

Tropical Smoothie



Ingredients

- 1 cup low fat (1%) milk
- 1 cup diced frozen mango or pineapple
- 1 small (or ½ large) banana, sliced
- ½ cup fresh spinach

Directions

Pour the milk into the pitcher of a blender. Add the mango or pineapple, banana, and spinach. Blend until smooth and fully combined, about 2-3 minutes. Serve immediately.

Serving Size: 1 cup
Servings: 2

Source: VA Nutrition

Calories: 150 ★ Fat: 3g ★ Carbohydrates: 29g ★ Protein: 5g

Crossword

Across

- 5. Type of meat (4)
- 7. Used to make a 'split' (6)
- 8. Acidic fruit (4)
- 9. Spirit distilled from potatoes (8)
- 10. Cut of beef (7)
- 12. Shaped and dried dough (5)
- 14. Milled from grain (5)
- 15. Salad vegetable (7)
- 18. Thick syrup (8)
- 20. Part of a rib of meat (4)
- 21. Dried grape (6)
- 22. Fresh or saltwater fish (4)

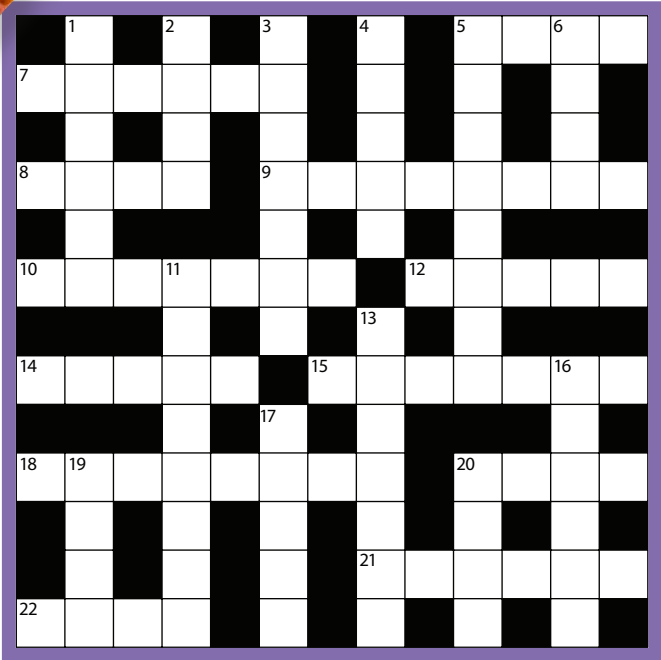
Down

- 1. Roe of sturgeon (6)
- 2. Baked flour, sugar and eggs (4)
- 3. Aromatic herb (7)
- 4. Type of dark coffee (5)
- 5. Game bird (8)
- 6. Cut of steak (4)
- 11. Sometimes made from 5 across (8)
- 13. Sweet (7)
- 16. Type of biscuit (6)
- 17. Jelly made from stock (5)
- 19. Edible pods (4)
- 20. Fried potato (4)



Exercise Your Mind

Experts agree that some of the most important things you can do each day to promote brain health are to eat healthy, be physically active, exercise your mind, and stay socially connected. Exercise your mind today with this issue's crossword puzzle.



HEALTH
tip



HEALTH TIP
GET THE
NEW TOXIC
EXPOSURE
SCREENING

It's important to have a long-term health care plan. The new toxic exposure screening can help you plan for future concerns with your VA health care team. Talk to your team today.



U.S. Department of Veterans Affairs

Veterans Health Administration
Butler VA Health Care System

353 North Duffy Road
Butler, PA 16001
800-362-8262
724-287-4781



 www.va.gov/butler-health-care

 facebook.com/vabutlerpa

 twitter.com/vabutlerpa

**ARMSTRONG COUNTY VA
OUTPATIENT CLINIC**
11 Hilltop Plaza
Kittanning, PA 16201
724-545-8420

**CLARION COUNTY VA
OUTPATIENT CLINIC**
56 Clarion Plaza, Suite 115
Monroe Township, PA 16214
814-226-3900

**CRANBERRY TOWNSHIP VA
OUTPATIENT CLINIC**
900 Commonwealth Drive, Suite 100
Cranberry Township, PA 16066
724-742-3500 or 724-741-3131

**LAWRENCE COUNTY VA
OUTPATIENT CLINIC**
Ridgewood Professional Centre
1750 New Butler Road
New Castle, PA 16101
724-598-6080

**MICHAEL A. MARZANO VA
OUTPATIENT CLINIC**
295 North Kerrwood Drive, Suite 110
Hermitage, PA 16148
724-346-1569

The Butler VA Health Care System, located in Butler County, Pennsylvania has been attending to Veteran's total care since 1947. We are the health care choice for over 22,000 Veterans throughout Western Pennsylvania and parts of Ohio and are a member of VA Healthcare VISN 4 under the U.S. Department of Veterans Affairs. The Butler VA provides comprehensive Veteran care including primary, specialty and mental health care – as well as management of chronic conditions and social support services for our nation's finest, America's Veterans.

Refer a Buddy

Know a fellow Veteran not enrolled in VA health care? Tell them about the Butler VA! Now is the time to enroll. Call us at 800-362-8262 to get started today.



The Butler VA wants to bring attention to all Veterans what choices they have, and the full range of health care services and programs they have access to when they Choose VA.

www.choose.va.gov

Get Your Toxic Exposure Screening

Who: All Veterans enrolled in VA health care

What: A brief screening averaging 5–10 minutes to identify and document any potential exposures to toxins during military service

When: At least once every 5 years

Where: At VA medical centers/clinics, including virtual encounters

Why: To provide exposure-informed care, support long-term health plans, and connect with follow-up resources, as requested

How: Ask about the toxic exposure screening at your next VA appointment

If you do not have an upcoming appointment or want to be screened sooner, contact your local VA facility and ask to be screened by the Toxic Exposure Screening Navigator.

